

MONTH and main FOCUS	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
CONDITIONING	Medium / High	High / Medium	Medium	Medium / High	Medium	Maintenance
TECHNIQUE	Low / Medium	Medium / High	High / Medium	Medium	High / Medium	Maintenance
TACTIC	Low / Medium	Medium / High	High / Medium	High / Medium	Medium	Maintenance
RECREATION	Medium / High	High / Medium	Medium	Medium / High	Medium	Maintenance
T.SESSIONS	2x10 = 20	4x10 = 40	4x10 = 40	4x10 = 40	4x10 = 40	3x10 = 30
MATCHES	2 - 3	8 - 10	5	4	5	3
INTENSITY and WORK LOAD	Medium / High Low / Medium	High / Medium High / Medium	Medium Medium	Medium / High Medium / High	Medium Medium	Medium Medium / Low
TEAM ACTIVITY	Getting to know each other	Training Camp Team building	Team dinner or dinner dance	Excursion with team building	Theatre or movie night	Season ending / Christmas dinner
COMMENTS:	<i>Team training starts: Monday, 15th July</i>	<i>T. Camp: 1-7. 08. Tournaments: 12-14. and 19-21.</i>	<i>National League starts: Saturday, 27th August</i>	<i>Nat. Cup 2nd round: Wed., 17th Oct. N.T week: 23- 30</i>	<i>Nat. Cup 3rd round: Wed., 19th Nov. N.T week: 21- 27</i>	<i>National League breaks: Saturday, 22th Dec.</i>

OCTOBER	MAIN FOCUS	DETAIL	Week I.	Week II.	Week III.	Week IV.
CONDITIONING	Medium / High	Strength..... Agility..... Endurance.....	Medium Medium High	High Medium Medium	Medium High Medium	High Medium High
TECHNIQUE	Medium	Attack..... Defence.....	Medium / High Medium / High	Maintain Maintain	Maintain Maintain	Medium / High Medium / High
TACTIC	High / Medium	Attack..... Defence.....	Medium Medium	Medium / High Medium / High	High High	Medium Medium
RECREATION	Medium / High	Prevention..... Rehabilitation.... Rest.....	Medium Medium 1.5 days	Medium Medium 1 day	Medium Medium 1 day	Low High 1 day
T.SESSIONS	10+9+9+10 = 38	Morning..... Afternoon.....	5 5	5 4	5 4	5 5
MATCHES	4	Nat. Competition Practice Match National Cup	1 (Sat.- Home) - -	1 (Sat.- Away) 1 (Wed.- Home) -	1 (Sat.- Home) - 1 (Wed.- Away)	- 1 (Wed.- Away) -
INTENSITY and WORK LOAD	Medium / High Medium / High		High Medium / High	Medium / High Medium	Medium Low	High Medium / High
TEAM ACTIVITY	Excursion with Team building		Evaluating individ. performances	Tactical discussion with key players	Team talk about playing tactic	Saturday: Full day Nature Walk
<i>COMMENTS:</i>					<i>Nat. Cup 2nd round: Wed., 17th Oct.</i>	<i>Nat. Team week</i>

WEEK I. Oct.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C Strength: M O Agility: M N Endurance: H	Gen. Weight Tr. - Long dist. Run	- Sets of Sprints with ball	Spec. Weight Tr. - Sets of Sprints	- Sets of Goal shooting	- - -	
T Attack: M / H E C Defence: M / H	Passing to the P and Covering the P	Passing drills Fall. o – Move. b	Match warm up routine and Individ. defence	Faking / Pivot Take.o - Hand.o	Skill training Goal shooting Blocking/Saving	
T Attack: M A C Defence: M	Position Change Building up 3:2:1	Fast Break Quick Retreat	Set Moves GK Training	Attack and Defence 2vs2, 3vs3	½ hour video and then Game tactic A/D	
R Prevention: M E Rehab: M C Rest: 1.5 days	- Reg.run, Stretch -	Propr.T. – Arms Stretching -	- Massage -	Propr.t. – Legs Stretching -	Core stability -Torso -	½ day rest
T Morning: 5 R 10 A Afternoon: 5	1 2 1	1 2 1	1 2 1	1 2 1	1 2 1	- - -
M Nat.Comp: 1(H) A Prac.Match: - T National Cup: -	- - -	- - -	- Play against e.o. -	- - -	- - -	6.00pm HCA vs HTA City Arena
INTENSITY H WORK LOAD M/H	70% Medium	80% Medium	90% High	80% Medium	80% Low	
TEAM ACTIVITY Evaluating individual performances	Statistical debriefing of the last game	Talk with players individually, - if needed	Brief after training/practice match talk	Some fun exercises to lift up team spirit	Team tactical talk	
<i>COMMENTS:</i>	Book the video- room! - <u>2.00pm</u>		<u>7 pm</u> Watch CL match on TV		Book the video- room! - <u>2.00pm</u>	Meet at <u>4 pm</u> for a quick snack

WEEK I. Oct.	THURSDAY	Morning		Break	Afternoon			
C Strength: M O Agility: M N Endurance: H	-	3'	<ul style="list-style-type: none"> Leg stretching and easy running Chasing exercises (3 sets) General stretching (8 exc. routine) Agility ladder (6 exc. x 2) 	Warm up (25')	<ul style="list-style-type: none"> "Leg-tennis" in pairs then in fours Stretching and gymnastics in pairs Passing in pairs while moving alongside the court (8-10 laps) 	2x5'		
T Attack: M / H E	Sets of Goal shooting	5'				5'	5'	
C Defence: M / H	Faking / Pivot	10'						
T Attack: M A C Defence: M	Attack and Defence 2vs2, 3vs3	10'	<ul style="list-style-type: none"> Passing drills in 4 groups  Faking practice with Pivot Play  Attack and Defence - 2vs2, 3vs3 <ul style="list-style-type: none"> - 2vs2: Winger and Back, LB and RB then CB and Pivot - 3vs3: attacking wings against opposite defending sides 	Main part (45')	<ul style="list-style-type: none"> Taking on-Securing-Handing over <ul style="list-style-type: none"> - 2vs2 then 2vs3 with Pivot on both halves while LB – RB passing Sets of Goal shooting <ol style="list-style-type: none"> GK warm up on both halves GS from position with own ball (20 shots) 10x5 shots, ball from team mate Competition b/w. L and R side (a) then b/w. GKs and C. Players (b) <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  <p>a.</p> </div> <div style="text-align: center;">  <p>b.</p> </div> </div> Fast breaks in pairs (goes until 5 goals are scored consecutively) 	15'		
R Prevention: M E Rehab: M C Rest: 1.5 days	Propr.t. – Legs Stretching	15'						25'
T Morning: 5 R 10 A Afternoon: 5	1.5 hrs 1.5 hrs	20'						
M Nat. Comp:1(H) A Prac. Match: - T National Cup: -	- - -							
INTENSITY H WORK LOAD M/H	80% Medium							
TEAM ACTIVITY Evaluating individual performances	Some fun exercises to lift up team spirit	3' 10-12'	<ul style="list-style-type: none"> Cool down running (4 laps) PNF stretching in sitting and lying position (4-5 sets each position) Finishing with 3 Pilates exercises while on the floor 	Cool down (20')	<ul style="list-style-type: none"> Light running without shoes (2 laps) Proprioceptive training in 4 stations <ol style="list-style-type: none"> on gym-mat on stability disc (4x4 exc.) on balancing board on fit ball 	2'		
<i>COMMENTS:</i>	Healthy competitiveness through - out the sessions	3'						20'

